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## Glossary and Acronyms

ACE	Angiotensin converting enzyme
Adverse effect	Any significant alteration in the structure or function of the human organism, or any impairment of a physiologically important function, that could lead to an adverse health effect
AI	Adequate Intake; a category of Dietary Reference Intakes; an amount of a nutrient that is a recommended intake for a life stage or gender group for which it is established and is based on experimentally derived intake levels or approximations of observed mean nutrient intakes by a group (or groups) of healthy people
ANP	Atrial natriuretic peptide
ARB	Angiotensin II receptor blocker
BIA	Bioelectric impedance analysis
CDC	Centers for Disease Control and Prevention; an agency of the U.S. Department of Health and Human Services
CF	Cystic fibrosis
CFTR	Cystic fibrosis transmembrane regulatory gene
CHD	Coronary heart disease
CID	Cold-induced diuresis
CSFII	Continuing Survey of Food Intakes by Individuals; a survey conducted periodically by the Agri-

	cultural Research Service, U.S. Department of Agriculture
CVD	Cardiovascular disease; includes heart disease and stroke
DASH Diet	Dietary Approaches to Stop Hypertension; a diet rich in fruits, vegetables, and low-fat dairy products and reduced in saturated fat, total fat, and cholesterol
DASH-Sodium Trial	A clinical trial that tested the effects on blood pressure of three different sodium levels in two distinct diets
DASH Trial	A clinical trial that tested the effects of different dietary patterns on blood pressure
Dehydration	The process of decreasing total body water; lower than normal total body water (euhydration) (see hypohydration)
DEXA	Dual energy X-ray absorptiometry
Dose-response assessment	Second step in a risk assessment in which the relationship between nutrient intake and an adverse effect (in terms of incidence or severity of the effect) is determined
DRI	Dietary Reference Intakes
EAR	Estimated Average Requirement; a category of Dietary Reference Intakes; an amount of a nutrient that is estimated to meet the requirement, as defined by the specified indicator or criterion of adequacy, of half of the apparently healthy individuals in the life stage or gender group for which it is established
ECF	Extracellular fluid
ECG	Electrocardiogram
EPA	U.S. Environmental Protection Agency
Euhydration	Normal hydration
FDA	Food and Drug Administration; an agency of the U.S. Department of Health and Human Services
FFM	Fat-free mass
FNB	Food and Nutrition Board; a division of the Institute of Medicine of the National Academies

Function	Role played by a nutrient in growth, development, and maturation
GFR	Glomerular filtration rate
Hazard identification	First step in a risk assessment, which is concerned with the collection, organization, and evaluation of all information pertaining to the toxic properties of a nutrient
Health Canada	The federal department in Canada responsible for maintaining and improving the health of Canadian people
HDL	High-density lipoprotein
Hyperhydration	Higher than normal total body water (euhydration)
Hyperkalemia	Serum potassium concentration $> 5.0$ mEq/L or mmol/L
Hypernatremia	Serum sodium concentration $> 145$ mEq/L or mmol/L
Hypertension	Systolic blood pressure $\geq 140$ or diastolic blood pressure $\geq 90$ mm Hg
Hypohydration	Lower than normal total body water (euhydration) (see dehydration)
Hypokalemia	Serum potassium concentration $< 3.5$ mEq/L or mmol/L
Hyponatremia	Serum sodium concentration $< 135$ mEq/L or mmol/L
ICF	Intracellular fluid
IOM	Institute of Medicine
LDL	Low-density lipoprotein
LOAEL	Lowest-observed-adverse-effect level; the lowest intake (or experimental dose) of a nutrient at which an adverse effect has been identified
MAP	Mean arterial pressure; diastolic pressure times 2 plus systolic pressure over 3; the average pressure during a cardiac cycle
MCL	Maximum contaminant level; a level set by the U.S. Environmental Protection Agency for environmental contaminants

MVP	Mitrial valve prolapse
NFCS	Nationwide Food Consumption Survey; a food consumption survey conducted through 1965 by the U.S. Department of Agriculture
NHANES	National Health and Nutrition Examination Survey; a survey conducted periodically by the National Center for Health Statistics, Centers for Disease Control and Prevention
NOAEL	No-observed-adverse-effect level; the highest intake (or experimental dose) of a nutrient at which no adverse effect has been observed
NRC	National Research Council
PAPS	3'-phosphoadenosine-5'-phosphosulfate
Psychogenic polydipsia	The excessive consumption of fluid, especially water, among chronic psychiatric patients, particularly those with schizophrenia
RDA	Recommended Dietary Allowance; a category of Dietary Reference Intakes; an amount of a nutrient that is the recommended average daily dietary intake level that is sufficient to meet the requirement of nearly all (97 to 98 percent) healthy individuals in the particular life stage and gender group for which it is established; it is derived from the Estimated Average Requirement
Rhabdomyolysis	Injury to skeletal muscle tissue that results in the destruction of skeletal muscle cells and allows for the escape of cellular contents into the extracellular fluid, leading to renal failure and compartment syndromes
Risk assessment	The organized framework for evaluating scientific information that has as its objective a characterization of the nature and likelihood of harm resulting from excess human exposure to an environmental agent (in this case, a nutrient); it includes the development of both qualitative and quantitative expressions of risk
Risk characterization	The final step in a risk assessment, which summarizes the conclusions from steps 1 through 3 of the assessment (hazard identification, dose

	response, and estimate of exposure) and evaluates the risk; this step also includes a characterization of the degree of scientific confidence that can be placed in the Tolerable Upper Intake Level
Risk management	Process by which risk assessment results are integrated with other information to make decisions about the need for, method of, and extent of risk reduction; in addition, it considers such issues as the public health significance of the risk, the technical feasibility of achieving various degrees of risk control, and the economic and social costs of this control
Salt sensitivity	The extent of blood pressure change in response to a reduction in salt intake; the term "salt-sensitive blood pressure" applies to those individuals or subgroups who experience the greatest reduction in blood pressure from a given reduction in salt intake
SD	Standard deviation
SE	Standard error
SEM	Standard error of the mean
SHRSP	Stroke-prone spontaneously hypertensive (inbred strain of rats)
TBW	Total body water
TOHPII	Trials of Hypertension Prevention-Phase II: a clinical trial that tested the effects of sodium reduction and weight loss, alone or combined, as a means to prevent hypertension
Total water	Includes drinking water, water in beverages, and water that is part of food
UF	Uncertainty factor; the number by which the NOAEL (or LOAEL) is divided to obtain the Tolerable Upper Intake Level; the size of the UF varies depending on the confidence in the data and the nature of the adverse effect
UL	Tolerable Upper Intake Level; a category of Dietary Reference Intakes; the amount of a nutrient that is the highest level of daily intake likely to pose no risk of adverse health effects for al-

most all apparently healthy individuals in the specified life stage group for which it is established

USDA

U.S. Department of Agriculture

WBGT

Wet bulb globe temperature

WHO

World Health Organization